

Batting - 4. Running Relay

Equipment

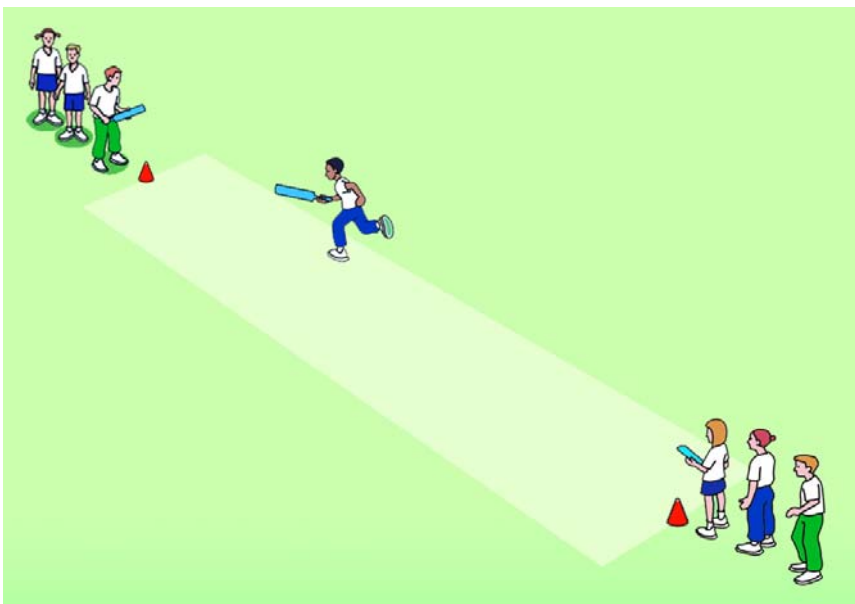


6

6+

4

10 minutes



COACHES CORNER

There are both technical and athletic aspects to this game; make sure you use them both. This exercise can also be carried in conjunction with the 'Run them out' session plan

- Split team into two groups
- Use two bats per team
- Place each group roughly a wicket length apart
- Start nominated batter on each team running towards team mate at other end
- When batter passes team mate, team mate runs back
- Exercise finishes after each team member has completed one run through

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination
- Runs bat in along the ground



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Runs bat in along the ground



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Runs bat in along the ground



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Runs bat in along the ground



- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Runs bat in along the ground